



RECIPE FOR A HEALTHY FAMILY

1 MEASURE OF RESPECT

1 DOSE OF APPROPRIATE BOUNDARIES

1 POUND OF COMMUNICATION

MIX TOGETHER WITH YOUR FAMILY VALUES AND RITUALS

MONITOR CLOSELY

APPLY LOVE LIBERALLY

ENJOY TOGETHER




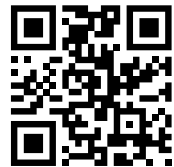
THE BAY TEAM HAS CREATED THIS RECIPE SERIES TO SHARE WITH YOUR FAMILY. ENJOY!

The BAY Team, the Barrington Adult Youth Team, has a mission to promote a safe and healthy Barrington through collaboration and communication. We are a community coalition comprised of parents, youth, school and town representatives, law enforcement, youth-serving organizations, faith leaders, health providers, businesses, and media.

Some of the services we provide include:

- * Policy improvement and advocacy
- * Media campaigns
- * Parent and student presentations
- * School curriculums and programs
- * Data collection and evaluation
- * Training of alcohol servers and sellers
- * Decreased prescription drug access through collection of unwanted medications
- * Resources such as *How to Raise a Drug Free Kid* books, Strengthening Families Program DVDs, Family Time preschool skill-building program, Barrington Challenge marijuana education

A NEW CARD WILL COME MONTHLY IN ADDITION TO THE THREE STARTER CARDS. YOU CAN ACCESS ALL THE CARDS ON THE BAY TEAM'S WEBSITE, WHICH YOU CAN LINK TO USING THE QR CODE. 



Published by The BAY Team as a prevention program for families with elementary school children. The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org



SOMETHING TO SNACK ON WITH A GOOD READ...

HONEY CINNAMON ROASTED CHICKPEAS

INGREDIENTS

- 1 (15 oz. can) chickpeas
(garbanzo beans)
- 2 teaspoons canola oil
- 1 teaspoon ground cinnamon
- 1 tablespoon granulated
sugar
- 1 tablespoon honey

DIRECTIONS

- 1. Preheat oven to 375° F.
- 2. Drain chickpeas (garbanzo beans) and rinse them under cold water until starch is removed. Place chickpeas on a paper towel to dry. You can peel off the skins if you wish.
- 3. In a small bowl, whisk together the oil, cinnamon, and sugar. Place chickpeas in bowl and stir until all of the chickpeas are evenly coated. Spread out the chickpeas on a large baking sheet and bake for 35-40 minutes, or until chickpeas are crunchy and no longer soft in the middle.
- 4. Place hot, roasted chickpeas in a small bowl and coat evenly with honey. Spread chickpeas back out on baking sheet and allow to dry. Store in an airtight container at room temperature.

www.pastryaffair.com/blog/2011/11/5/honey-cinnamon-roasted-chickpeas



YIELDS 2 CUPS. CAN BE DOUBLED OR TRIPLED!

GOOD PARENT READS

Childhood Unbound ★ *Dr. Ron Taffel Ph.D.*

An original and inspiring analysis of the distinctive challenges parents face in raising children today. He also introduces a breakthrough approach for guiding kids – from children to teens – in ways that bring out the best in both kids and parents in these twenty-first-century times.

The Price of Privilege ★ *Dr. Madeline Levine*

Identifies toxic cultural influences and well-intentioned, but misguided, parenting practices that are detrimental to a child's healthy self-development. Thoughtful, practical advice provides solutions that will enable parents to help their emotionally troubled "star" child cultivate an authentic sense of self.

Masterminds and Wingmen ★ *Rosalind Wiseman*

Landmark book that reveals the way boys think and that shows parents, educators and coaches how to reach out and help boys overcome their most common yet difficult challenges.

The Talk ★ *Dr. Sharon Maxwell*

The Talk is a breakthrough resource for parents that prepares kids for a hypersexualized world and lays the foundation for ethical behavior that can guide our children from elementary school through college.

For more suggestions, go to
www.thebayteam.org



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. **www.thebayteam.org**

SMOOTH AND STRESS-FREE!

STRAWBERRY OATMEAL SMOOTHIE

INGREDIENTS

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

DIRECTIONS

In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

www.Allrecipes.com

SERVES
2



WHILE YOU'RE COOKING...

HELP YOUR CHILD LEARN HEALTHY WAYS TO MANAGE STRESS

- * Model healthy stress relief in your daily activities – things like deep breathing, positive self-talk, regular exercise, and laughter – and tell your child that these activities help you to feel good as you are doing them.
- * Build in family activities to your weekly routine. Show your child that spending quality time with friends and family is a great way to deal with the stress of everyday life.
- * Help your child find activities and hobbies they are passionate about.

WAYS THIS WILL BENEFIT YOUR CHILD:

- * Children may experience anxiety as they start to become more independent. Social situations, academic pressures, and self-identity will effect most children during their lives. Helping your child to develop effective coping strategies early on will decrease the risk that your child will turn to dangerous substances for relief.
- * Children who experience joy from healthy activities are less likely to seek out substances that produce feelings of euphoria.



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org

YOU DON'T NEED TO LIMIT YOUR KIDS TO JUST ONE OF THESE!



CHOCOLATE LENTIL BROWNIES

INGREDIENTS

- 3 cups cooked black lentils
- 2 cups milk chocolate chips
- 1/2 cup unsweetened applesauce
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons pure vanilla extract
- 2 eggs
- 1/2 teaspoon salt

DIRECTIONS

1. Preheat the oven to 350° F.
2. In a food processor, puree lentils, chocolate chips, applesauce, eggs, and vanilla extract.
3. Add cocoa powder, and salt. Puree until well combined.
4. Line an 8x8 pan with parchment paper leaving enough paper to stick out the sides. Spoon batter into the pan. Bake for about 30-35 minutes. Cool before cutting.

www.justapinch.com/recipes/dessert/dessert-other-dessert/chocolate-lentil-brownies



WHILE YOU'RE COOKING...

LIMIT SETTING

Help your child know safe and healthy boundaries by setting and enforcing limits:

- * Make your rules clear and specific
- * Make sure your child understands your rules
- * Have a list of consequences – make these appropriate for the behavior
- * Follow through swiftly if a rule is broken
- * Don't forget to give encouragement when rules are followed

WAYS THIS WILL BENEFIT YOUR CHILD:

- * Research shows that when parents monitor, supervise, and set limits their children will be at a lower risk as teens for using drugs and alcohol
- * By modeling limit-setting, children will learn to self-limit their own behaviors to make healthy and safe choices independently in the near future



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org



SOCIALIZE OVER CHIPS AND GUACAMOLE!

GARBANZO GUACAMOLE

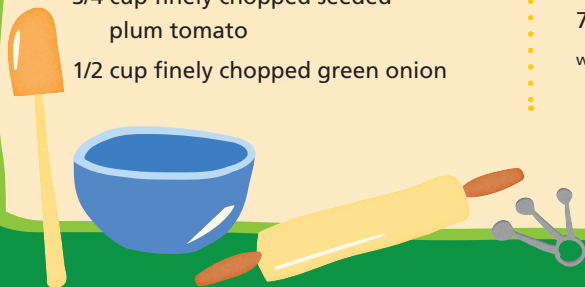
INGREDIENTS

- 1 clove garlic, peeled
- 2/3 cup drained canned garbanzo beans
- 1 tablespoon lemon juice
- 1/3 cup coarsely chopped onion
- 1/2 cup cubed peeled avocado
- 1 tablespoon chopped green chili
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup finely chopped seeded plum tomato
- 1/2 cup finely chopped green onion

DIRECTIONS

1. Drop garlic through food chute with food processor on; process until minced.
2. Add beans and lemon juice; process 20 seconds.
3. Add 1/3 cup onion, avocado, green chilies, salt and pepper; pulse 5 times or until mixture is chunky.
4. Transfer mixture to a bowl.
5. Stir in tomato and green onions.
6. Chill for 30 minutes.
7. Serve with tortilla chips.

www.food.com/recipe/garbanzo-guacamole-102121



WHILE YOU'RE COOKING...

GOOD COMMUNICATION BETWEEN PARENTS AND CHILDREN IS THE FOUNDATION OF STRONG FAMILY RELATIONSHIPS.

- * Unplug – set family rules to limit electronic use during meals or other family times.
- * Use teachable moments to share information about healthy choices. For instance:
 - a. Tell your child that only a doctor can prescribe medications, that you only take the medications prescribed to you and that medications should be locked.
 - b. Talk about how advertisers spend a lot of money trying to get people to like and do things that might not be healthy.

WAYS THIS WILL BENEFIT YOUR CHILD

- * Talking early and often will make it easier to tackle the tougher subjects later on. Good communication helps you to monitor your children more effectively and be alert to any problems should they arise as your child ages.



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org



WARM SOUP BUILDS WARM RELATIONSHIPS – TRY MAKING THIS RECIPE TOGETHER!

TOMATO ALPHABET SOUP

SERVES
6

INGREDIENTS

- 2 tablespoons butter
- 1 cup chopped onion
- 1 cup chopped carrot
- 1/3 cup chopped celery
- 1 1/2 cups vegetable broth
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1 (28-ounce) can diced tomatoes, undrained
- 2 cups cooked alphabet pasta (1 cup uncooked pasta), divided
- 1 cup 2% reduced-fat milk

DIRECTIONS

Melt the butter in a saucepan over medium-high heat. Add onion, carrot, and celery; sauté 4 minutes or until tender. Add broth, basil, pepper, and tomatoes, and bring to a boil. Reduce heat; simmer 15 minutes. Stir in 1/2 cup cooked pasta. Remove from heat; let stand 5 minutes.

Place half of tomato mixture in a blender, and process until smooth. Pour puréed soup into a large bowl. Repeat procedure with remaining tomato mixture. Return puréed soup to pan; stir in remaining cooked pasta and milk. Cook over medium-high heat 2 minutes or until thoroughly heated, stirring frequently (do not boil).

Cooking Light SEPTEMBER 2003



WHILE YOU'RE COOKING...

BUILD A WARM AND SUPPORTIVE RELATIONSHIP WITH YOUR CHILD

- ★ Regularly discuss shared interests as well as family values and priorities
- ★ Engage in activities together such as family meals and community service
- ★ Practice being a calm listener
- ★ Set aside time devoted just to you and your child – no outside interruptions like phone calls or texts.

WAYS THIS WILL BENEFIT YOUR CHILD:

- ★ As your child matures she will start to become more independent. The stronger your relationship is with your child now, the more she will remember the positive things you have said and done in the future, especially when peer influences become more important.



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org

STEP AWAY FROM THE SCREEN. TAKE THIS TREAT ALONG FOR SOME OUTDOOR ACTIVITY!

MAKES
16 BARS

NO NUTTIN' GRANOLA BARS

INGREDIENTS

Nonstick cooking spray

1 3/4 cups gluten-free
quick-cooking oatmeal

1 1/4 cups gluten-free
crisp rice cereal

1/2 cup mini gluten-free
semi-sweet chocolate chips

1/3 cup lightly packed
light-brown sugar

1/3 cup vegetable oil

1/3 cup honey

DIRECTIONS

Spray an 8-by-8-inch baking dish with nonstick cooking spray; line baking dish with parchment paper, leaving a 1-inch overhang on all sides. Set aside.

Place oatmeal and rice cereal in a bowl; stir to combine. Set aside.

In a medium saucepan, mix together brown sugar, oil, and honey. Place over medium-high heat; bring to a gentle boil. Cook, stirring, for 1 minute. Remove from heat and add to oatmeal mixture; stir until oatmeal mixture is fully coated and well combined.

Evenly pour oatmeal mixture into prepared baking dish; sprinkle with chocolate chips. When mixture is cool enough to touch, press down into pan. Let cool to room temperature. Cut into bars. Can be stored at room temperature in an airtight container for up to 1 week, and frozen up to six months.

www.wholeliving.com/130434/nonuttin-chewy-chocolate-chip-granola-bars



JUST AS YOU WOULD NOT LEAVE YOUR CHILDREN ALONE IN A BIG CITY, YOU CANNOT LEAVE THEM UNATTENDED WITH TECHNOLOGY.

- ★ The American Academy of Pediatrics recommends no more than 1-2 hours of high-quality screen time per day and screen-free bedrooms for children of all ages as well as screen-free meals.
- ★ Devise a technology-use plan for your family and don't be swayed by others, including well-intentioned relatives who want to purchase devices for your children.
- ★ Discuss technology with other parents before a playdate; refer to **commonsensemedia.org** for resources and reviews.
- ★ Make outdoor play time, reading and hobbies top priorities; studies show excessive media use can lead to problems with attention, school, sleep, and eating, increasing the odds of risky behaviors.
- ★ Rewarding children regularly with online activities can affect what they find pleasurable later in life.

WAYS THIS WILL BENEFIT YOUR CHILD:

- ★ Family technology plans help reduce exposure to pornography and misinformation about drugs. Note, the average age of pornography exposure is 11.
- ★ Limited and safe technology use provides children more time to develop other skills and the will power they will need to avoid dangerous influences.



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. **www.thebayteam.org**



SEE IF YOUR CHILD CAN FIGURE OUT WHAT THIS PUDDING IS MADE FROM!

CHOCOLATE MOUSSE SURPRISE

INGREDIENTS

- 1 package Silken tofu
- 3 tablespoons sugar
- 2 teaspoons vanilla extract
- 2 cups chocolate chips

DIRECTIONS

Put the tofu in a food processor and blend until completely smooth, about 1 minute. Blend in the sugar and vanilla extract. Melt the chocolate chips in the microwave oven, on the defrost setting, for approximately 3 minutes stopping to stir at least once. (Alternatively, the chocolate chips can be melted in a double-boiler, while stirring constantly to prevent burning). Add the melted chocolate chips to the tofu mixture and blend until smooth. Transfer to eight serving bowls or glasses, cover the top of each with plastic wrap and refrigerate for at least 4 hours before serving. Enjoy!

www.nasoya.com/recipes/tofu-chocolate-mousse



WHILE YOU'RE COOKING...

PROBLEM SOLVING IS KEY TO HEALTHY DEVELOPMENT

- * Encourage your child to think his way through situations rather than always providing the answers. Ask questions like, "how could you do that differently?", "what might happen next?"
- * Read to your child books about adventure and mystery

WAYS THIS WILL BENEFIT YOUR CHILD:

- * Problem-solving skills help children stay safe and healthy when presented with situations and choices they will encounter as they grow and become more independent.



Published by The BAY Team as a prevention program for families with elementary school children.
The BAY Team, funded by a Drug-Free Community Grant. www.thebayteam.org